

## 07 Annattha Sutra

*By reciting Annattha Sutra, one enumerates the list of minor violations that may happen in his motionless yoga (Kayotsarg) posture.*

### अन्नत्थ सूत्र

- अन्नत्थ-ऊससिएणं, नीससिएणं, खासिएणं, छीएणं, जंभाइएणं,  
उड्डुएणं, वाय-निसग्गेणं, भमलीए, पित्त-मुच्छाए.....1.  
सुहुमेहिं अंग-संचालेहिं, सुहुमेहिं खेल-संचालेहिं,  
सुहुमेहिं दिट्ठि-संचालेहिं. ....2.  
एवमाइएहिं आगारेहिं, अ-भग्गो अ-विराहिओ,  
हुज्ज मे काउस्सग्गो. ....3.  
जाव अरिहंताणं भगवंताणं, नमुक्कारेणं न पारेमि.....4.  
ताव कायं ठाणेणं मोणेणं ज्ञाणेणं, अप्पाणं वोसिरामि.....5.

### Annattha Sutra

- annattha-usasienam, nisasienam,  
khäsienam, chienam, jambhäienam,  
udduenam, väya-nisaggenam, bhamalie, pitta-mucchäe..1.  
suhumehim amga-sancälehim, suhumehim khela-sancälehim, suhumehim ditthi-sancälehim.  
.....2.  
evamäiehim ägärehim, a-bhaggo a-virähio,  
hujja me käussaggo. ....3.  
jäva arihantānam bhagavantānam,  
namukkārenam na päremi.....4.  
täva käyam thānenam monenam jhānenam,  
appānam vosirāmi.....5.

### Meaning

I shall now engross myself in meditation in a completely motionless yoga posture (Käyotsarga) for a specified duration. I will remain motionless except for breathing in and out, coughing, sneezing, yawning, belching, involuntarily losing balance, vomiting, fainting, subtle flickering movements of eyes and other involuntary bodily movements.

I shall perform meditation and keep myself (my soul) away from all sinful activities by keeping my body motionless and by observing complete silence.